



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Günter, Jens

Total time: 1:15:32

Number: 200

Course: 25.75 km

Lorsche Triathlon 0,5-20,0-5,0

Rank in course/Total: 150 (of 322)

Rank in course/Men: 135 (of 260)

Best time in course: 58:22

Category:

männl. AK 4 (TM 35-39)

Rank in category: 19(of 26)

Best time in the category: 1:00:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:35	2.59	19	3:22	160	4:51	0.50	11:35	2.59	11	2:25	259	2:29
Wechsel Schwim	0.20	2:30	4.80	16	0:50	115	1:04	0.70	14:05	2.98	11	2:58	259	3:14
Schwimmen Total	0.70	14:05	2.98	11	2:58	259	3:14	0.70	14:05	2.98	11	2:58	259	3:14
Rad	20.00	36:30	32.88	15	5:25	119	5:45	20.70	50:35	24.55	11	7:17	259	8:42
Wechsel Rad-Lauf	0.05	0:54	3.33	10	0:14	85	0:51	20.75	51:29	24.18	11	7:20	256	8:45
Rad Total	20.05	37:24	32.17	15	5:34	114	5:47	20.75	51:29	24.18	11	7:20	256	8:45
Lauf	5.00	24:03	12.47	22	6:19	149	8:31	25.75	1:15:32	20.45	19	15:31	137	17:10